



**Town of Arlington, Massachusetts**  
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## Minutes 10-15-09

**Meeting Minutes**  
**October 15, 2009**  
**5:30-7:00PM**

**Present:** Carlene Newell, Mary Decourcey, Caroline Ress, John Sofis Scheft, Cindy Bouvier, Cindy Starks, Kathy Hirsch, Ethel Doyle, Andrea Razi, Lynn Horgan, Cindy Sheridan Curran, Kate Vigil, Emily Vincent, Brian Dietz, Christine Connolly, Susan Stewart, Lucille Nicholson, Kim Spencer, Colleen Leger, Susan Svencer, Karen Dillon, Bryan Gallagher

**Attendees: 22**

### **I. Recent Events:**

Town Day: 11 volunteers. Sponsored bug spray table at Town Night. Distributed substance abuse prevention literature, parent resource materials, AYHSC brochures, Guiding Good Choices and Rx take-back event flyers, pens, pencils, tattoos and candy. Tried one-on-one interviews, but they were too long for this occasion. Next year: include youth representatives, candy and pens/pencils good enticement.

Children's Sabbath: Susan Svencer presented to the Calvary community about AYHSC, our overall prevention strategy and some of our ongoing initiatives.

Bullying and Cyber-bullying: (Cindy B) only 42 people attended, indicating major sense of denial among parents that these issues impact their own kids. Dr. Elizabeth Englander (nationally recognized expert on cyber-bullying) presented. Research says that 25% of students have sent naked pictures of themselves online. Future parent forums: need more coverage. Maybe students can train to film presentations (not Q&A after) to broadcast on local cable station.

### **II. Upcoming Events**

#### Guiding Good Choices:

First workshop series begins Friday, 10/16/09. Kim Spencer and John Sofis Scheft will facilitate this series. They anticipate 10-12 participants.

#### Alcoholic Beverages Awareness Seminar:

Seminar for license holders on Sunday, 10/18/09. Roughly 26 retailers from 16 establishments have confirmed that they will attend.

#### School Safety Summit:

Middlesex Partnership for Youth will be offering a conference on bullying, harassment, sexting and aggression (areas of concern noted in YRBS.) Lynn, Cindy SC, Caroline and Molly will be attending. Coalition will pay for member registration.

#### Rx Take-back Event: Saturday, 11/14/09

Part of Community Collection Day at Town Yard.

### III. Spotlight on Faith-based Communities:

Susan Stewart (Coordinator of Lay Ministry and Youth Group Leader, Calvary Church): Theme of Children's Sabbath (10/04/09) this year is Calvary's partnership with AYHSC and the Guiding Good Choices initiative. New curriculum in Sunday school: discussions about making healthy choices. Discussions run from bible and faith-based to real life issues. Intend to promote Coalition at many programs throughout the year. Youth groups, especially senior group, interested in all current topics, including substance abuse prevention. Youth involved in various mission work, including homeless outreach. Susan would love to get her youth group involved with other youth groups in Arlington—seems like a natural fit, and opens the possibility for offering other events around town.

Brian Dietz (Youth & Family Pastor, Highrock): Highrock Church came to Arlington in 2006, and wanted to learn more about the needs of the Arlington Community; learned that Arlington is very youth-focused. Volunteers from the Highrock provide tutoring services (free of charge) on Wednesday nights to middle and high school students-- studying from 5:00-6:00 and tutoring from 6:00-7:00pm. Highrock youth also participate in Panera bread wrapping program, along with volunteer club from AHS. Bring wrapped breads to Menotomy Manor and homeless shelters. On Friday nights, Highrock has drop-in center for youth.

### IV. Coalition Strategy & Action

Logic Model: our Coalition Evaluator will be attending the next AYHSC meeting on 11/19/09. He will work with the Coalition on defining indicators of progress, and developing a tracking mechanism.

Overview of logic model: a visual statement of how AYHSC's overall prevention strategy is intended to work. It outlines the substance use problems we've identified in our community assessment, some of the local conditions that enable the behaviors, strategies for a comprehensive prevention campaign, and specific activities that fulfill the various strategies.. The logic model also outlines our short, mid and long-term goals and some of the indicators we will use to track our progress. When considering projects for the Coalition, it is important to consider how it falls into our overall prevention strategy, and specifically, what conditions or problem behaviors might the project impact

Working Groups: project planning and implementation should occur within working groups. Members were encouraged to select groups in which they were interested. Groupings are based on interest, skill-set and experience; they are not set in stone, but allow members to get involved in a targeted way.

Moving forward: potential projects will be discussed at monthly meetings and assigned to working groups.

### V. Potential Projects

Senior Prom Contract: Revising this document to be more inspirational and less legalese, want youth to want to attain specific behaviors. Modify this document for use for other youth events (possibly including student trips, other dances and social events.)

CHNA: Community Health Network Area is conducting a regional community health assessment to identify priority health issues. Mt. Auburn will soon have more money to disperse, and the CHNA is responsible for helping to allocate those monies. Opportunity for Arlington to advocate for the health needs of the community. Stipend available to community members who participate on this committee. In the past, much of the funding has gone to Cambridge and Somerville. Increased representation from Arlington may better position Arlington to receive some of the available funds. The next meeting will be held on December 7<sup>th</sup>, from 3:00-5:00pm. If interested in participating, please contact Colleen Leger at 781-316-3179, or by email at [cleger@town.arlington.ma.us](mailto:cleger@town.arlington.ma.us).